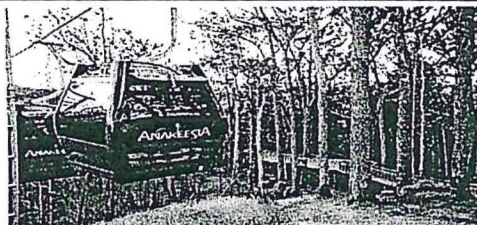


August 2019

Anakeesta

Mon Tue Wed Thu Fri



1
Total Fitness 9:00
SAILS 10:00
NO LUNCH

2
FASHION SHOW 12:00

5
Legal Aid 9:00
Rug Hookers 10:00
HPRC Bingo 2:00

6
Total Fitness 9:00
SAILS 10:00
Tai Chi 11:00
Food Box Delivery 9:30
Driver's Course 12-4

7
Art 9:00
Grocery Shopping 9:00
Knit Alongs 12:00
Driver's Course 12-4

8
Total Fitness 9:00
SAILS 10:00
NO LUNCH

12
Yoga 9:00

13
Total Fitness 9:00
SAILS 10:00
Tai Chi 11:00

14
Art 9:00
Grocery Shopping 9:00
Knit Alongs 12:00

15
Total Fitness 9:00
SAILS 10:00
Lunch 12:00-Active
Shooter Drill

16
Yoga 9:00
Greenback 11:00

19
Yoga 9:00
Rug Hookers 10:00

20
Total Fitness 9:00
SAILS 10:00
Tai Chi 11:00

21
Art 9:00
Grocery Shopping 9:00
Knit Alongs 12:00

22
Total Fitness 9:00
SAILS 10:00
Lunch 12:00-Home Care

23
Yoga 9:00
Anakeesta 9:00

26
Yoga 9:00

27
Total Fitness 9:00
SAILS 10:00
Tai Chi 11:00

28
Art 9:00
Grocery Shopping 9:00
Knit Alongs 12:00

29
Total Fitness 9:00
SAILS 10:00
Lunch 12:00-Dental
Education

30
Yoga 9:00
Lunch/Shopping 9:00

Located in the heart of downtown Gatlinburg, Anakeesta engages guests of all ages in the beauty and adventure of the great outdoors. Take a scenic ride via the Chondola to the summit of Anakeesta Mountain and enter the magical Firefly Village where you'll find quaint gift shops, casual dining and Pearl's Pie in the Sky ice cream shop. Stroll along the 16 bridge Tree Canopy Walk 40-60 feet above the forest floor. Follow the Memorial Forest Walk to learn about the fire of 2016, and discover Vista Gardens featuring walking trails through lush gardens filled with a variety of flowers & plants.

September 2019

Mon Tue Wed Thu Fri



2
Closed in Observance of
Labor Day

3
Total Fitness 9:00
SAILS 10:00
Tai Chi 11:00
Food Box Delivery 9:30

4
Art 9:00
Grocery Shopping 9:00
Knit Alongs 12:00

5
Total Fitness 9:00
SAILS 10:00
Lunch 12:00- Birthday
Bingo

6
Yoga 9:00

9
Yoga 9:00

10
Total Fitness 9:00
SAILS 10:00
Tai Chi 11:00
Essential Oils 12:00

11
Art 9:00
Grocery Shopping 9:00
Knit Alongs 12:00

12
Total Fitness 9:00
SAILS 10:00
Lunch 12:00-Chris
Premier PT

13
Health Fair 10-2

16
Yoga 9:00
Rug Hookers 10:00

17
Total Fitness 9:00
SAILS 10:00
Tai Chi 11:00

18
Art 9:00
Grocery Shopping 9:00
Knit Alongs 12:00

19
Total Fitness 9:00
SAILS 10:00
Lunch 12:00

20
Yoga 9:00
Bush's Tour 9:00

23
Yoga 9:00

24
Total Fitness 9:00
SAILS 10:00
Tai Chi 11:00

25
Art 9:00
Grocery Shopping 9:00
Knit Alongs 12:00

26
Total Fitness 9:00
SAILS 10:00
Lunch 12:00-
Smile On 60+

27
Yoga 9:00
Brushy Mountain 9:00

30
Yoga 9:00

Brushy Facts:

- Opened in 1896 in Petros, Tennessee
- An 18 ft. high wall made entirely of hand carved stone was constructed around the prison in 1934
- Notable inmates include James Earl Ray, Bryon Loooper, and George Hyatt, who was involved in the 2005 Kingston, TN courthouse shooting resulting in the death of a corrections officer
- Closed in 2009



Bush's Visitor Center in Chestnut Hill, Tennessee, features a short film with an overview of the Bush family history and a glimpse into the modern methods of processing and canning beans. Walk through a giant replica can of baked beans showing the bean's journey from beginning to end. View a timeline showing how the company has changed through the years. Enjoy a homemade lunch at Bush's Family Café, known for its sweet desserts like Pinto Bean Pie.

Loudon County Senior Center

901 Main St., Loudon, TN 865-458-5445

Hours: Monday, Tuesday, Wednesday, Friday—8:30 to 4:30; Thursday—8:30 to 4:00

August & September 2019

VAN TRIPS—Sign up date August 1st. Policy reminder: Prepaid trips will be refunded if possible if you have to cancel. We may not be able to refund if money is already sent in. Thank you for understanding.

August 16—Greenback Outreach

August 23—Anakeesta \$23+\$4

August 30—Shopping Local/Lunch at Country Kinfolks \$4

September 20—Bush's Visitor Center \$4

September 27—Brushy Mountain \$31+\$4

October 1—Dixie Stampede \$38+\$4

****Important Notice**** Please have exact change and keep ticket and travel fees separate.

Menu: August 15—Veggie Plate

August 22—Chicken Tenders

August 29—Chef Salad

September 5—Ham

September 12—All You Can Eat Beans

September 19—Pimento Cheese Sandwich

September 26—Hot Dogs

***Please note lunch is \$4.00 unless stated otherwise. *Please sign up by Tuesday of each week.**

Notices: *Be sure to register for the AARP Safe Driver's Course on August 6th & 7th.

*Be sure to sign up for our Fashion Show coming up on August 9th.

*Don't forget money for the Nashville trip is due on September 3rd. We still have a few seats left!

*Come by the center from 10:00-2:00 on September 13th to take advantage of the annual Health Fair.

*Be sure to wish Shib Mukherjee, Doug Thompson, and Tim Brewster good luck in representing Loudon County in the Brain Games competition in Knoxville on September 19th.

*We will begin taking reservations on August 1st for the October 1st trip to Senior Citizen Day at Dixie Stampede.

GETTING to KNOW: Willie Clowers was born in Knox County on January 31, 1943 to Albert and Willie Lee. She is a graduate of Loudon High School. She married her high school sweetheart, Kyle, in 1962. Willie has one son and two grandchildren. She retired from Loudon Utilities in 2006 after over 17 years of service. Willie attends Bethel United Methodist Church. She has been a Senior Council member for over three years. She loves everything about the center including the members and staff. She loves volunteering at the center but wishes there were more people willing to help out. Willie enjoys gardening, cooking, and also likes volunteering at church. Favorites: Food-spaghetti Color-Blue Song-Just As I Am Movie-Pretty Woman Book-Bible Vacation Spot-Key West

THANK YOU: **United Way** for Housekeeping funding; local **Agencies** who provide us with outstanding speakers; **Legal Aid** for free legal advice for our seniors; our **Instructors & Teachers** for the awesome jobs you do; local **Businesses** that donate door prizes, bingo prizes, food; people who use their vacation days to come and perform for us. Last, but not least—our **VOLUNTEERS** who give so much energy and time to our Center. Our seniors are more like family and friends to us than anything else. It is truly an honor and privilege to serve and spend time with such awesome people.

WEB SITE: www.Loudoncounty-tn.gov Click on Government, Department, Senior Center/Office on Aging.DownloadCalendar

Loudon Co. Senior Center
901 Main St.
Loudon, TN 37774



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